

Villages at Laurelbrooke Monthly Activity Calendar - July 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday					
<div style="background-color: #92d050; padding: 10px; border: 1px solid black;"> Jefferson County Fair 14th - 20th </div>								1		2		3					
		1-4pm	cards - Village II CC		10am	chair exercise		10am	coffee hour w/prayer		10am	chair exercise		1pm	Outside Social Gathering		
		1-4pm	Dianne at Village III CC														
4	Independence Day		5			6		7		8		9		10			
						1-4pm	cards - Village II CC		10am	chair exercise		10am	chair exercise		1pm	Outside Social Gathering	
									1pm	Village Tenant Council Meeting Village II CC		1-4pm	cards - Village II CC				
									1-4pm	Becky @ Village							
11			12			13		14		15		16		17	Tattoo Day		
			10am	Donuts & Coffee sign up needed		1-4pm	cards - Village II CC		10am	chair exercise		1-4pm	cards - Village II CC		10am	chair exercise	
																Tattoo's will be available at the Outside Gathering	
18			19			20		21		22		23		24			
						1-4pm	cards - Village II CC		10am	chair exercise		1-4pm	cards - Village II CC		10am	chair exercise	
									5pm	Covered Dish Picnic sign up needed		1-4pm	Dianne @ Village III CC				
25			26			27		28		29		30		31			
			1-4pm	Becky @ Village III CC		1-4pm	cards - Village II CC		10am	chair exercise		1-4pm	cards - Village II CC		10am	chair exercise	
																Outside Social Gathering	



Active vs. Inactive

Don't Let Covid-19 Lure You Into Being Idle Or Lazy

Overcome Challenges

Yes, being active can be challenging for seniors. It can be hard to motivate yourself when energy is low, you are worried about falling down, or your joints ache a bit. And yes, exercise can be boring. Plus, restrictions due to the Covid-19 crisis are making shared activities more difficult.

Here are some suggestions.

- Use safe exercise machines - treadmills with handrails, stationery bikes, ellipticals, etc.
- Exercise using resistance bands.
- Take a lesson or class online - exercise, stretching, yoga, dance.
- Gardening, indoor or outdoor.
- Household chores - vacuuming, dusting, laundry, cooking, etc.
- Any activity you enjoy doing that gets you moving and/or is mentally stimulating.

Taking it too easy can be risky. The U.S. Surgeon General's office has reported that inactive people are nearly twice as likely to develop heart disease as those who are more active. They also report that a lack of physical activity can lead to more doctor visits, more hospital stays and/or more use of medications.

In addition, a lack of activity can have a negative effect on a person's personal freedom. Being sedentary can speed up the loss of the ability to do for oneself, and lead to person being more dependent on others.

On the other side of the coin, research has found that being physically active on a regular basis can help to prevent (or delay) many diseases and disabilities. These ailments include arthritis, high blood pressure and diabetes. At the same time, activity can improve a senior's mood and attitude, and help them to decrease and manage their stress.



Villages at Laurelbrooke



UPCOMING EVENTS

Events on the calendar are listed **but subject to change**. Please always carry your mask with you when entering the Community Center in the event it is needed. Masks are recommended indoors, at the Community Center with others if you are not vaccinated.

Tenant Council Meeting

Change for July, Wednesday, July 7th at 1pm at Village II Community Center.

Emergency Information Sheets

If you have not completed or turned in your updated sheet, please do so.

New Tenant

Please welcome Sandra "Sandy" Snyder as our newest tenant. Sandy is from the Brookville area & has moved into her new home at Village, apartment #1. If you see Sandy, say hello & introduce yourself.

Donations

Reminder, when any of our neighbors & friends pass away at the Village, we take up a monetary collection in their memory. This is a voluntary donation & any amount is appreciated. This money is then given to McKinley Health Center Charitable Care fund in memory of our friends. Most recently, we collect \$185.00 in memory of Shirely Shannon.

DuBois Shopping Trip using the ATA Bus

ATA is back scheduling the shopping trips from Brookville to Dubois on the 1st & 3rd Tuesday of each month. The Villages at Laurelbrooke Landing is now a scheduled pick up location at 10:04am & drop off location at 3:19pm. You still need to call ATA to reserve your ride at 1-866-743-3282. They will also be able to help with any other questions or rides that you may need.

Covered Dish Picnic

Make your favorite covered dish to share on Wednesday, July 21, 2021 at 5pm. Sign up needed so we know how many to set up for. Bring your covered dish to share & your own drink. Tableware will be provided.

Donuts & Coffee

Monday, July 12th at 10am, Village II Community Center. Stop in for a fresh donut/coffee & visit with your Village neighbors. Sign up needed.



Presents:

CORK★FORK



Wine, Brew, and Food Walk
A WRC Senior Services Fundraising Event

AUGUST 14, 2021 4-8 PM

For more information visit:
wrc.org or call 814-818-1205